



## Top Ten Tips for Safe Bicycling

- 1) CHECK YOUR BIKE  
Make sure your tires are properly inflated and not worn, and your brakes are in good condition.
- 2) USE YOUR HEAD  
Look and listen for traffic, and wear a properly fitted helmet.
- 3) RIDE WITH TRAFFIC  
Ride in the same direction as traffic, staying to the right where practical, and usually in the rightmost lane in the direction you are going.
- 4) WHEN IN DOUBT "TAKE THE LANE"  
It may be safer to "take the lane" to remain visible when riding at the same speed as other traffic (e.g. when stopped, in traffic jams, or on very narrow roads), especially at intersections.
- 5) OBEY TRAFFIC LAWS  
Follow all traffic laws. Avoid a crash and earn respect on the road by driving your bike lawfully and courteously. Stop signs and red lights mean "stop" for both motorists AND cyclists.
- 6) PAY ATTENTION  
Watch out for road hazards like gravel, potholes, and parked cars where doors may open. Anticipate what drivers and pedestrians may do next.
- 7) COMMUNICATE  
Use hand signals to show your intention (left, right, stop). Connect personally with drivers by making eye contact.
- 8) BE PREDICTABLE  
Ride a straight course without weaving in traffic or through parked cars.
- 9) LIGHT UP @ NIGHT  
Your bike must have reflectors, and a front white light, and rear red when riding at night. Wear bright colored clothing for visibility.
- 10) KEEP YOUR COOL  
Road rage after a close call benefits no one and makes a bad situation worse.